



THE EFFECT OF SELF-KINETIC EXERCISES IN DEVELOPING THE SKILL OF PREPARING VOLLEYBALL FOR VOLLEYBALL PLAYERS

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Abstract

The current research aims to prepare self-kinetic exercises and apply them to the players of Al-Rumaitha Club in volleyball and to know the effect of exercises in developing the skill of preparing for volleyball. To achieve this goal, the researcher used the experimental approach by designing the two equal groups, as it is more appropriate to the nature of the research problem. As for the research community, it was represented by the volleyball players of Al-Rumaitha Club, who numbered (12) players for the sports season (2022-2033 AD), as they were randomly divided into two control and experimental groups, with (6) players for each group. After that, the researcher proceeded to apply the tribal research tests on the research sample, and after collecting the results, he divided the research sample into two groups and made sure of their homogeneity and equivalence, and then proceeded to apply the psychomotor exercises on the experimental research sample for a period of 8 weeks, at 3 units per week, and after completing the application Psychomotor exercises proceed with post-tests. After collecting the data, the researcher used the statistical program (SPSS v27) for the purpose of analyzing the results, and accordingly, the researcher concluded that the psychomotor exercises prepared by the researcher have a role in developing the skill of preparing for volleyball, and this was shown by the results, as the experimental group that applied the kinesthetic exercises outperformed the control group that applied the trainer's exercises.

Introduction

psychological training process contributes to the athletes reaching high levels through the integrated preparation of all physical, skill, tactical and psychological aspects, which made experts and specialists search for modern and diverse means that include a training pattern that supports the educational and training methods used to raise the level of performance of athletes, including psychological exercises or mental training that It includes effective procedures and cognitive means for a positive effect on motor performance, as the athlete needs self-confidence Thinking about the skill is the same as performing the skill physically.

Also, psychomotor exercises are considered one of the ways to obtain ((the ability of the player to control, pay attention and focus, as the latter represents a direct type of mental training, as through it the mind is cleared and reorganized)). It is noted that in all team and individual games, when the players perform their motor skills in a state of self-confidence , they get positive results in their performance. Volleyball is one of the team games that need to be

performed with a high degree of self-confidence. ((One of the factors that directly contribute to improving the level of performance of the volleyball player is his ability to focus and distract the player's thoughts and his lack of self-confidence and focus are among the difficulties that affect the accuracy of performance and the skillful ability of strikes)) and due to the nature of the volleyball game in terms of time and nature psychological stress And the physical performance of some offensive and defensive skills , making the volleyball player employ his psychological and mental abilities and potentials in a good way is the main element to enhance and develop the level of his performance. In order to make use of his mental capabilities to the maximum extent possible, this requires him to have a high level of self-confidence. The psychokinetic exercises are somewhat modern exercises, and there is no doubt that the intellectual openness presented the individual and the need to study it increases, and this is evident through the psychokinetic exercises that are given to players, especially volleyball players, and based on the foregoing, the importance of the research lies in the possibility of using psychokinetic exercises in The game of volleyball due to the need to quickly reduce the gap that separates the players themselves or between the players and the training staff And also to link training methods And skills with psychological exercises and mastery From controlling and controlling negative thoughts, developing self-confidence, intelligence, physical movements and skills, organizing motor behavior, exploiting positive thoughts and appropriate models, contributing to the development of skill aspects and improving the level of performance to achieve the research goals under study.

Research problem:

The research problem lies in answering the following questions:

- What is the reality of the skill level of preparation for the players of Al-Rumaitha Volleyball Club?
- Does self-kinetic exercises affect the skill of preparing volleyball for the players of Al-Rumaitha Club?

Research Objectives:

1. Preparing self-kinetic exercises and applying them to the players of Al-Rumaitha Volleyball Club.
2. To identify the impact of self-kinetic exercises on development The skill of preparing volleyball for the players of Al-Rumaitha Club

Research hypotheses:

Self-kinetic exercises had a positive effect on the skill of preparing volleyball for the players of Al-Rumaitha Club.

Areas of research:

- Human field: First class volleyball players for the sports season (2021-2022)
- Temporal domain: For the period from (1/15/2022) to (2022)
- Spatial Domain: Western Youth Forum in Rumaitha and Hall of Martyr Muhammad Ali al-Hassani.

Research Methodology:

Use the researcher B curriculum demo design of the two groups equivalents) group _ female officer and set experimental) same the test tribal And remote that fit with nature problem.

Research community

The researcher identified his research community, which is represented by the volleyball players of Al-Rumaitha Club, who numbered (12) players for the sports season (2022-2033), They were divided into two equal groups (a control group and an experimental group) with (6) players per group.

The means, tools and devices used in the research

Means of collecting information

1. Arab and foreign sources.
2. Test and measure.

Equipment and tools used in the research:

1. A computer type (LENOVO)
2. handy calculator.
3. Electronic stopwatch.
4. Volleyball court.
5. Volleyballs.
6. whistle
7. Test results registration forms.

Description of the tests used in the research

Precision skill test

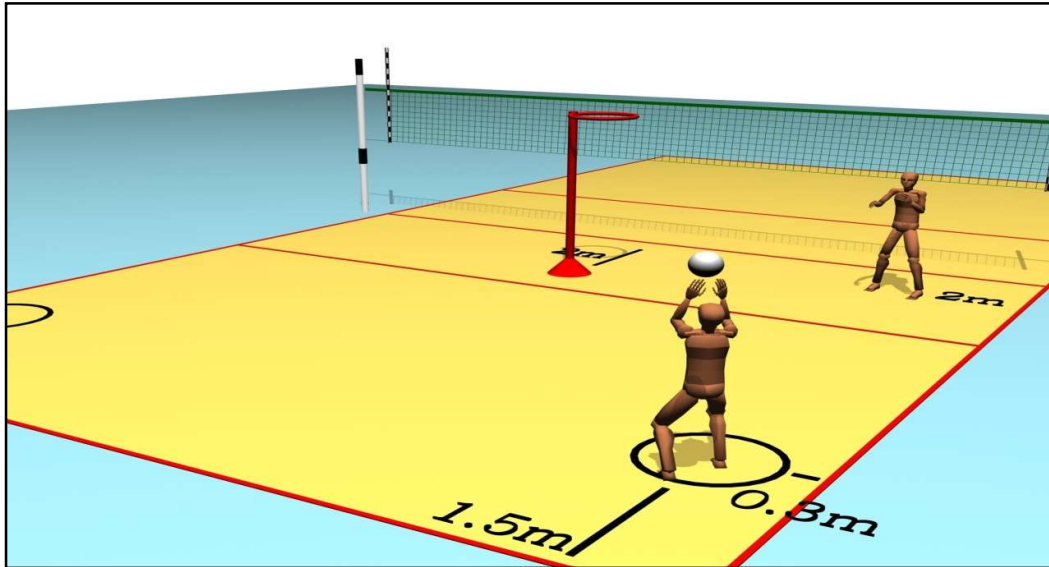
- Purpose of the test: To measure passing accuracy.
- Tools: net volleyball court height Legal, (8) volleyballs , metric iron and leather, Adhesive marking tape in different colors , an iron stand with a height of (2) meters, and a basket ring with a diameter of (65) cm on it.
- Procedures test :

He paints square (a, b) in my corner pitch (5.1) M, Qatar all who are they, They move away on Line lateral (1) m, And They move away on Line back (5.1) m, And it is placed pregnant near mid the network far away its size is (2) m, on the network and placed Mark (x) on after (2) m, from Line the side specialize This is amazing Brand to stand the coach, get up the coach Throw me the ball with a bow to up Toward player standing in (circle right then left) on respectively to rise set it up to direct it to the ring to fall off in it.

Registration:

- Each laboratory has (6) three attempts in each circle.
- (3) Points for each attempt in which the ball enters the ring without touching it.
- (2) A point for each attempt in which the ball entered the ring and touched it.

- Point for each attempt to touch the ring and exit.
- (zero) in the event of performance contrary to what previously.
- The highest point scored by the laboratory is (18) points.



appearance (1) Demonstrates pass accuracy test from areas (1) and (5)

Exploratory experience

Scientific research experts recommend conducting exploratory experiments for the tests used in research in order to obtain the necessary reliable results and information, to benefit from them when conducting the main experiment. (1), And in a random way, (6) players from Al-Rumaitha Club were selected , as this experiment was applied in the closed hall of the Martyr Muhammad Ali Al-Hassani, designated for the Al-Rumaitha Volleyball Club, on Sunday 10/2/2022 AD, for the volleyball preparation test.

The aim of conducting the exploratory experiment is based on several points.

- Identify the appropriateness of the tests for the sample members.
- Identify the negatives and positives that meet the researcher in the main tests.
- The adequacy of the assistant team and their comprehension of how to apply the test items and distribute them to know their tasks when conducting the tests for the research sample.
- The suitability of the specified time period for the test for one player and for the rest of the defensive skills players.
- Extracting the scientific foundations of the tests (honesty, reliability, objectivity). By re-testing the same sample of the exploratory experiment a week after conducting the exploratory experiment tests.
- This experiment achieved its purpose.

Scientific basis for test results :

The validity of the following test results:

It means that the test actually measures the ability, trait, attitude, or willingness that the test was designed to measure. It actually measures what meant to measure it, One of the basic concepts related to the validity or validity of the test is its ability to distinguish between the two extremes of the ability it measures, in the sense that it distinguishes between strong performance and weak performance. If the test scores were close, this indicates poor validity because the test did not carry out the main task in the measurement process, which is to show individual differences among the sample members. Accordingly, the researcher verified the validity of the tests used in the current research by comparing the scores of the higher section with the scores of the lower section in the tests, that is, they used the method of comparing the parties - which is one of the methods of experimental validity - and the comparison is done by calculating the statistical significance between the average scores of the two sections (the highest and the lowest), and if there is a statistically significant difference between the two averages, it can be said that the tests are valid. The results were compared between the two groups for each test Using the (t) statistic for two independent samples, and the table () shows that.

Table (1) The validity of the test results

Statistical significance	significance level	T Value	lower group		senior group		Unit of measure	variants
			p	s	p	s		
moral	0.025	2,759	1,884	8,900	1,459	11,840	degree	Preparation skill

Table (2) shows that the values of the level of significance for the value of (t) for the independent samples and for all variables were less than the error rate (0.05), and this indicates that there are statistically significant differences between the members of the upper group and members of the lower group, which indicates the validity of the tests.

Stability of the following test results:

A static test is a test that gives similar results or the same results if applied more than once under similar conditions. The test was repeated on the same sample of the reconnaissance experiment, which numbered (10) players, under these conditions, after seven days had passed, on 8-9/10/2022 AD, taking into account the attempt at fixation. All the conditions in which the first test is done, and the stability coefficient between the two tests was extracted by the correlation coefficient (Pearson) law. The stability value is (+1), indicating that the tests have a high degree of stability, as shown in Table (2)

Table (2) stability of test results

Statistical significance	significance level	Person value	The second test		The first test		measruing unit	variants
			p	s	p	s		
moral	0.000	0.896	2,46	10,50	2,21	10,37	degree	Preparatio

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			1	0	9	0		n skill
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Table No. (3) shows that the significance level values for Pearson's correlation coefficient and for all variables were less than the error rate (0.05). This indicates that there is a significant correlation between the first and second tests, which means that the results of the tests are stable.

Objectivity of test results:

Objectivity is one of the conditions of the task for a good test, which means “the lack of influence of subjective judgments by the researcher, or that objectivity is available without bias and personal interference by the experimenter, that is, the more subjectivity does not affect the judgments, the greater the value of objectivity (), where conducted Tests in the presence of arbitrators, and using the Pearson correlation coefficient for its results, the significance came at the significance level (0.000).

The main experience:

Pre-Tests:

He conducted pre-tests on the players of the Rumaitha Volleyball Club on (6) players, and the results of the reconnaissance experiment were approved, bringing the number to (12), as the tests were conducted in the closed hall of the martyr Muhammad Ali. Al-Hasani assigned to the Rumaitha Volleyball Club, where the tests were conducted on Thursday, 10/13/2022 AD, to test the preparation of volleyball. All the conditions related to the tests in terms of time, place, equipment, tools and method of execution were put in place in order to create the same conditions in the subsequent tests as possible.

The homogeneity and equivalence of the research sample

In order to avoid the effects that may affect the results of the research due to individual differences in the players, and in order to reach a single and equal level of the sample in the research variables that affect the experiment, it must be controlled, and for this purpose the researcher conducted homogeneity and equivalence, and the tables show this

Table (3) Homogeneity within the research groups

Statistical significance	significance level	value LEVE N	experimental group		the control group		measruing unit	variants
			p	s	p	s		
homogeneous	0.618	0.265	2,160	9,333	1,891	9,250	degree	Preparation skill

Table (4) shows that the level of significance of the (Levine) test was greater than (0.05), and this indicates the existence of homogeneity among the sample members in each group.

Table (4) Equation of the two research groups in the variables

Statistical	significanc	T	experimental	the control group	measruin	
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significance	e level	Value	group				g unit	variants
			p	s	p	s		
non-moral	0.945	0.071	2,160	9,333	1,891	9,250	degree	Preparation skill

Table (4) shows that the values of the significance level of the test (t) were greater than (0.05), and this indicates that there are no statistically significant differences between the control and experimental groups.

Exercises of the same movement

The researcher prepared self-motor exercises for the players of Al-Rumaitha Sports Club in volleyball, under the direct supervision of him and the supervisor. Exercises on a sample of the experimental group consisting of (6) players on Saturday corresponding to 10/22/2022 AD until Wednesday corresponding to 12/14/2022 in the Martyr Muhammad Ali Al-Hasani Hall in Al-Rumaitha, where the researcher intended to include them. Movement exercises are as follows:

The kinetic exercises lasted (8) weeks, with (3) units per week.

The number of exercise units (24) units.

Sensory exercises were conducted on (Saturday, Monday and Wednesday) of each week.

The psychomotor exercises were applied at the beginning of the main section and immediately after the warm-up, so that the player is at the level of mental and physical readiness and neuromuscular compatibility to achieve the goal of the exercises.

Subsequent Tests:

After applying the kinetic exercises, the researcher proceeded to conduct the post-tests on the research sample, which numbered (12) players in the closed hall of the martyr Muhammad Ali Al-Hasani, which was designated for the Al-Rumaitha Volleyball Club. In terms of time, place, necessary tools and equipment, and with the help of the same team assisting in the preliminary exam, the exam was conducted on Thursday, 1/26/2020 AD.

Statistical methods used in the research:

The obtained data were processed using several statistical methods compatible with the research objectives in order to reach knowledge of the results through the use of the statistical bag (SPSS)

1. Arithmetic mean.
2. Standard deviation.
3. Levine's test value.
4. T - correlative sampling test.
5. Testing of independent samples.

Presentation, analysis and discussion of results

Presentation and analysis of the results of the pre and post test for the control group

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Table (5) Arithmetic means, standard deviations, (t) value, and the significance of the differences between the pre and post tests in the preparation skill of the control group

Statistical significance	significance level) value (calculated)	Post -test		_ Pretest		measuring unit	variants
			p	s	p	s		
moral	0.006	4,637	1,388	12,033	1,891	9,250	degree	Preparation skill

The results of the table above show that the significance level values of the (t) test for correlated samples in volleyball skills (numbers skill) were less than (0.05) and this means that there are differences between the pre and post test and in favor of the post test for the control group sample.

Presentation and analysis of the results of the pre and post test for the experimental group:
Table (6) Arithmetic means, standard deviations, (t) value, and the significance of the differences between the pre and post tests in the skill of preparing volleyball for the experimental group.

Statistical significance	significance level) value (calculated)	Post -test		_ Pretest		measuring unit	variants
			p	s	p	s		
moral	0.003	5,338	1,134	14,867	2,160	9,333	degree	Preparation skill

The results of the table above show that the significance level values of the (t) test for correlated samples in volleyball skills (numbers skill) were less than the error rate (0.05), and this means that there are differences between the pre and post test and in favor of the post test for the experimental group sample.

Presentation and analysis of the results of the control and experimental groups in the post-test:
Table (6) Arithmetic means, standard deviations, (t) value, and the significance of differences between the control and experimental groups in the post-test in the skill of preparing volleyball

Statistical significance	significance level) value (calculated	experimental group		the control group		measuring unit	variants
			p	s	p	s		
moral	0.003	3,872	1,134	14,867	1,388	12,033	degree	Skill

The results of the table above show that the values of the significance level of the (t) test for the independent samples in volleyball skills (preparation skill) were less than the error rate (0.05), and this means that there are differences between the control and experimental groups in the results of the post-test and in favor of the experimental group.

Discuss the results

Discuss the results of the control group

The tables show that there are differences between the pre and post test of the control group sample and in favor of the post tests. The researcher attributes these differences to the curriculum prepared by the coach who contributed to the skill of preparing for volleyball. The researcher attributes these differences as a result of the group's commitment to the curriculum prepared by the coach by participating in the performance and repeating it, in addition to the impact of the usual method that the coach follows with them, and this was confirmed by Schmidt (that the repetitive attempts are the important key to the performance, and he makes unexpected movements, movements that you might expect and its timing.)

The researcher believes that the process of developing performance is closely related to practice and experience, which leads to a continuous change in performance, as both are essential elements in the development of the individual, and this is confirmed by (Nahida Al-Dulaimi). That the learning process is a behavior that changes with experience and experience, and all that he acquires from knowledge, inclinations, abilities, attitudes and motor skills, whether intended or unintended.

The researcher believes that the experimental group excelled in the subsequent tests, and that the motor exercises prepared by the research contributed to the development of the skill of preparing for volleyball.

The researcher also attributed the difference in development to the experimental group's use of aids in the training curricula related to psychomotor exercises, which had an effective effect in developing the offensive performance of the players in the skill (numbers) (because the aids help the players address deficiencies, especially those whose responses are Slow as well as effectively increase the training module.

Therefore, we see that volleyball specialists pay clear attention to some of the tools that are used within some training programs, including self-kinetic exercises, through which the coach can raise the technical and tactical level of the player. Sessions to correct performance and avoid mistakes, and thus the player will gain stability in performance because his thinking will focus on performance only, and the importance of numbers in volleyball appears in that it is the basis of attack, and this was clear to the players. In the practice sessions, the researcher explained that the skill of preparation is the first step that, if done correctly and well, the success rate of the attack will be high. Therefore, whoever undertakes this task must first know the

importance of his role in achieving victory, because he is the planning mind within the field and the distributor of balls according to the requirements of the game plan. Therefore, the preparing player may be responsible for preparing the balls. And all of this is achieved with high accuracy and efficiency for the attackers.

Conclusions and recommendations

Conclusions

1. The psychomotor exercises prepared by the researcher have a role in preparing the volleyball skill for the volleyball players at Al-Rumaitha Club.
2. The sample of the experimental group outperformed the control group in the volleyball preparation test.

Recommendations:

1. The researcher recommends the trainers to include in their training curricula psychomotor exercises that have a role in developing the skill of preparing for volleyball.
2. Conducting other studies to discover the application of motor exercises to activities other than volleyball.
3. Researching modern methods and exercises and applying them to volleyball players.

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Accessory (1)

Psychomotor exercises prepared by the researcher

exercise 1

The goal of the exercise is to develop the preparation skill

Equipment used / barrier-free wall, volleyball, circle for accuracy, whistle.

The player stands at a distance of (6) meters from the wall. The player hits the ball on the ground and, as it bounces, moves forward to make the numbers that you are trying to get into the drawn circle.

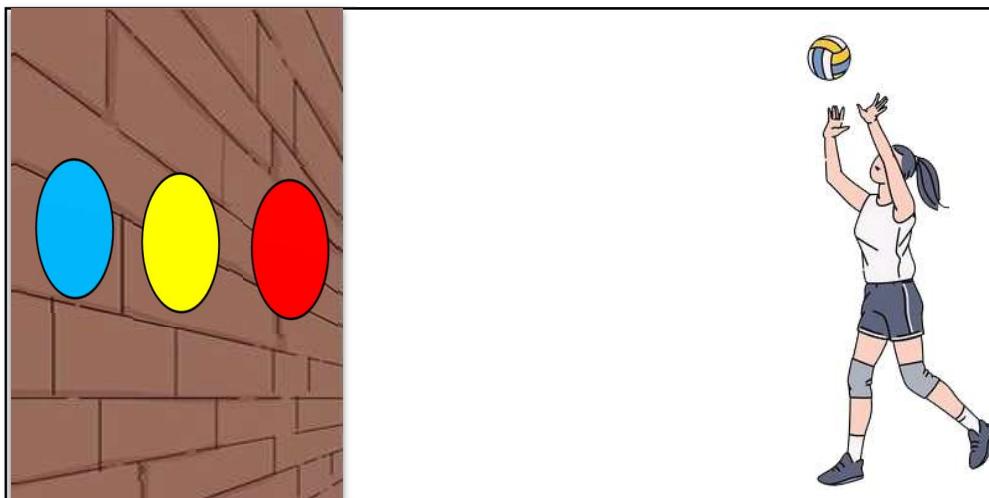


exercise 2

The goal of the exercise is to develop the preparation skill

Tools used: barrier-free wall, volleyball, colored circle, whistle

Colored rings (red, yellow, blue) are attached to the wall as the player prepares the ball to the color indicated by the coach



exercise (3)

The aim of the exercise is to develop the skill of successive preparation

Equipment used / volleyball, two baskets, whistle.

The coach stands in the back area, and the coach throws the ball to the player, and the player must prepare the ball for the slippers, trying to put it in the baskets in the front area, either to the right or to the left, as determined by the coach.



exercise (4)

The goal of the exercise is to develop the preparation skill

Tools used: volleyball, 3 baskets, whistle.

The coach stands in the back area, and the coach throws the ball to the player, and the player must prepare the ball for the slippers, trying to put it in the baskets in the front area, either to the right or to the left, as determined by the coach.



exercise (5)

The goal of the exercise is to develop the preparation skill

Used tools /, colored volleyball, volleyball court, whistle

The player stands in position 3 and the coach in position 6. The coach has a box of colored balls in three colors (yellow, red, blue), bearing in mind that each color has two balls. The player is asked to deliver the red ball to position No. 4, the yellow ball to position No. 2, and the blue ball to position No. 1, and the coach throws the balls sequentially and quickly, so that the player prepares.



exercise (6)

The goal of the exercise is to develop the back-to-back preparation skill

Equipment used /, volleyball, volleyball court, whistle

The executing player stands on the other side of the field, and the coach throws the ball towards the player, and the player has to make numbers behind the areas ((1-5-6, according to the direction indicated by the coach

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